

# KORA PHYSIO

## QUICK START

## GUIDE

(To accompany **USER MANUAL**)

### SET UP INFO

1. Connect the mat & applicators to the device by connecting the plug of the mat/applicator cable to one of the two ports (CH1-CH2) on the panel at the top of the appliance. (This can be quite fiddly so you may have to gently twist it until the plug fits).
2. Connect the mains cable to the power supply and then connect to the connector at the top of the device, near the ON/OFF switch. **THEN PRESS THE ON/OFF SWITCH.**
- 3 The display will then activate and will show the **KORA** logo and then the main menu screen.
5. Select the "dog paw" by pressing OK, and then press the DOWN ARROW to select your desired program. **Note** To get back to the USER menu screen at any time, use the stop/power button, (to the right of the Arrow buttons), until you get back to the USER menu.
6. You can also change the duration and intensity (Gauss) of your chosen program at any time. To do this select the SPANNER icon when you are in your chosen program. Press the OK button to move through the TIME/GAUSS SETTINGS. And use the UP/DOWN arrows to select the required value. And Press OK again to store it and again to continue to move through the options. **NOTE: you can change the time/gauss settings - but not the HERTZ frequency setting.**
7. Hold the magnet over the TEST ZONE and you should hear a buzz (this means the device is functioning correctly).

### CHECKLIST. BEFORE YOU START!

1. Have you read the **USER MANUAL** – especially the **contraindications** and **side-effects** pages?
2. **MAKE SURE YOUR DOG STAYS WELL HYDRATED EVERY DAY OF YOUR PEMF PROGRAM.**
3. **KEEP ALL ELECTRONIC AND WIPEABLE DEVICES AT LEAST 3m FROM THE DEVICE:** phones and ipads/car keys/credit cards etc
4. If your dog has a favourite blanket or thin mat, it can go over the PEMF mat to encourage your dog to use it, without loss of intensity.



5. Make sure you consult the manual for a more information on the benefits of each program.
6. Feel free to contact us if you have any further questions. We are always here to help!

## TYPES OF PROGRAMS ON THIS DEVICE

GAUSS	FREQUENCY	DURATION
100	19hz	3hr

### PROGRAM 1 - ANALGESIC

#### (pain relief)

Program to mitigate inflammatory and painful conditions. Also useful in cases of recovery after surgery.

### PROGRAM 2 - ARTHRITIS

Program designed to reduce pain and slow down the degenerative process.

GAUSS	FREQUENCY	DURATION
100	5hz	2hr
16	75hz	2hr

### PROGRAM 3 -

#### ARTHRITIS

Program designed to reduce pain and slow down the degenerative process.

#### **PROGRAM 4 - MUSCULAR ATROPHY**

Program designed to stimulate muscle tissues.

<b>GAUSS</b>	<b>FREQUENCY</b>	<b>DURATION</b>
50	10	2hr

**PROGRAM 5 - DISCOPATHY** Specific program for the treatment of diseases against the vertebral disc, with regards to bone and cartilage tissues, also useful in post-surgery

<b>GAUSS</b>	<b>FREQUENCY</b>	<b>DURATION</b>
40	2hz	2hr

#### **PROGRAM 6 - FRACTURES**

Specific program for the stimulation of bone regeneration in a post-traumatic condition.

<b>GAUSS</b>	<b>FREQUENCY</b>	<b>DURATION</b>
50	25hz	2hr

#### **PROGRAM 7 - HEALING**

Specific program for increasing circulation and reducing the damaged area.

<b>GAUSS</b>	<b>FREQUENCY</b>	<b>DURATION</b>
15	15	2hr

#### **PROGRAM 8 - LIGAMENT LEGION**



Program designed for post-surgery recovery.

GAUSS	FREQUENCY	DURATION
51	17hz	2hr

### PROGRAM 9 - TENDON LESION

GAUSS	FREQUENCY	DURATION
40	2hz	2hr

Program designed for post-surgery recovery.

GAUSS	FREQUENCY	DURATION
16	15hz	2hr

### PROGRAM 10 - SCIATIC NERVE

Specific program

to obtain an antalgic effect in favour of the sciatic nerve.

GAUSS	FREQUENCY	DURATION
50	10hz	2hr

### PROGRAM 11 - NEUROPATHY

Specific program

to obtain an analgesic and anti-inflammatory effect on the peripheral nerves.



### **PROGRAM 12 - PROSTHESIS**

Specific program to promote osseointegration with the implanted prosthesis.

<b>GAUSS</b>	<b>FREQUENCY</b>	<b>DURATION</b>
12	15	2hr

<b>GAUSS</b>	<b>FREQUENCY</b>	<b>DURATION</b>
38	8hz	2hr

### **PROGRAM 13 - OSTEONECROSIS**

Specific programs for the stimulation of bone tissue in osteonecrosis in order to counter the progress of the disease and alleviate pain.

### **PROGRAM 14 - OSTEOPOROSIS**

Specific program for stimulating bone regeneration.

<b>GAUSS</b>	<b>FREQUENCY</b>	<b>DURATION</b>
16	75hz	2hr

### **PROGRAM 15 - TREAT 1HZ**



GAUSS	DURATION
40	2hr

**PROGRAM 16 - TREAT 18HZ**

**PROGRAM 17 - TREAT 50HZ**

GAUSS	DURATION
40	2hr

**PROGRAM 18 - TREAT 75HZ**

GAUSS	DURATION
40	2hr

GAUSS	DURATION
40	2hr